



## **Pre-surgery Instructions**

### Information Regarding Your Surgery

The physicians at First Step Foot Care want you to be aware of some important information that will allow for your surgical procedure to take place with your safety and comfort in mind. Please read the following carefully.

1. Do not eat or drink anything, including -- water, coffee, candy, mints or chewing gum - after midnight the night before your surgery, even if your surgery requires only local anesthesia. Doing so could result in postponement of your surgery.
2. Consult your physician if you are taking medication for heart, diabetes, blood pressure or respiratory problems. You may need to continue your heart medications uninterrupted. Be sure to bring a list of all medications you are taking to the hospital the day of your procedure.
3. If you develop a cold, flu, sore throat, fever or persistent cough, notify your doctor promptly. Your surgery may need to be rescheduled for a later date.
4. Wear casual, loose-fitting clothing on the day of your appointment. Pajamas are fine for children being admitted for surgery. When you arrive at the hospital, they will supply you with a surgical cap, gown and surgical slippers to wear during your stay. They will place your clothing and personal items in a bag for safe keeping until your discharge. Feel free to bring reading materials if you wish.
5. Please do not wear jewelry or bring valuables (including credit cards) with you, as the hospital is not responsible for lost valuables. If you wear contact lenses, we prefer you wear glasses for your hospital visit.
6. Cosmetics, especially eye make-up and nail polish, should not be applied. Make-up can mask changes in your skin color that your doctor needs to see during surgery.
7. You must arrange for a responsible adult to drive you home after discharge from the hospital. During your surgery, your driver may remain in the waiting room area or supply a telephone number where he or she can be reached.
8. Please ensure you have a responsible adult to stay at home with you the day and night of your surgery.
9. A parent or guardian must sign a "consent for treatment" form for patients under 18. The only exceptions are patients who are married, pregnant or emancipated minors.
10. Patients who do not speak or understand English must relay the need for a translator to the hospital. A translator can be arranged for the admission and recovery process. Please make this request as early as



possible before the day of your surgery. Last minutes request for translation may require the hospital to reschedule your procedure for a later date.

11. Bring all necessary insurance information and changes if applicable.

### **Operation and Recovery**

When you arrive at the hospital or surgery center, you will be guided through the admission process by a nurse. If your surgery requires only a local anesthesia, your surgeon will provide it. If, however, you are scheduled for a general anesthesia, an anesthesiologist will administer the anesthetic. He or she will also perform a preoperative medical evaluation and discuss your anesthetic care with you.

After your admission is complete, you will be taken to the operating room for your procedure. You will receive an IV for intravenous fluids and medications.

When your surgery is complete, you will be taken to the recovery room, where the specialized nursing staff will care for you until you are ready to leave for home. You will be given discharge instructions and escorted to your vehicle by the hospital staff. Remember, you must have a responsible adult to drive you home.

In the rare event that your medical or surgical condition should admission to the hospital, this will be accomplished in a safe and prompt manner.

### **After Surgery**

After surgery, always follow your doctor's orders regarding rest, diet and medication. There are some things to expect after a surgical procedure, such as:

You may experience some nausea, dizziness and/mild pain after your surgery. These conditions are minor and short-lived, and should not delay your discharge from the hospital.

It is best for you not to drive, operate machinery, make important decisions or sign important papers for at least 24 hours after you have had anesthesia. You should avoid alcohol during this time.

A nurse from the hospital will phone you the next working day after your surgery (unless you specify that this not be done) to check on you progress and to answer any questions you might have.

If medical problems develop after surgery, contact your doctor immediately.

For life-threatening problems or emergencies, please go to the nearest emergency room or dial 911.